

Dr. Yoon Hamrick



Director of Staff,
Ogden Air Logistics
Complex, Hill Air
Force Base, Utah.

What encouraged you to join the military and/or enter into civil service?

My father was retired Army, and I grew up in Ogden and lived for a time on the Defense Depot Ogden (DDO). Hill AFB was known to be one of the largest employers after DDO closed. During college, my professor arranged a tour of the chemistry lab in building 100, so I was introduced to the possibility of employment at that time. I really saw myself doing research or teaching, but the pay was unpredictable and dependent on grants. Like many others, I sought the safety net of steady employment and good benefits found in civil service. I moved back to Utah upon getting a job offer as a chemist. I found civil service provided many opportunities for growth and multiple career ladders.

What do you feel is the most important attribute a leader should possess?

Humility is most important and foundational for many other attributes. It takes a team to accomplish any mission or project. A leader cannot necessarily carry out all the functions accomplished by a diverse team of experts. Leaders need to support the whole team and rely on the niche expertise from every member of the team. Being humble allows you to connect on an individual basis, gain influence, ask relevant questions, and learn from everyone around you. A humble leader creates a safe environment for employees to voice concerns or bring forth ideas.

Did You Know?

There are over 2,300 languages that are recognized in Asia, with the most commonly spoken language being Mandarin.

As a leader, how do you encourage your team to accomplish their mission?

I always try to set the stage and describe the burning platform. Why is the mission or project necessary? What does the end state or success look like? This instills purpose, urgency and builds motivation. For technical projects, there is natural excitement in the application of technology and this can be expanded to weapon system impact and war-fighter support. In a staff role, this connection to the mission is more challenging, but putting the task(s) into context of the broader mission can be done. Once the purpose is understood, celebrating small success' along the way keeps the team motivated.

Bhagat Singh Thind



Dr. Bahagat Singh Thind was born on Oct. 3, 1892. He was a spiritual teacher and scholar. He was also one of the first Asian Indian soldiers and first turbaned Sikh to serve in the United States Army during World War I. His quest for naturalization is a key part of the

long struggle to remove racial barriers to U.S. citizenship. In 1936 in the state of New York, he obtained his U.S. citizenship. Throughout his life he published and lectured on the subjects of metaphysics, spirituality, and religion.

Quote of Week

“When you learn something from people or from a culture, you accept it as a gift, and it is your lifelong commitment to preserve it and build on it.”

-- Yo-Yo Ma

Recipe of the Week

Okonomiyaki is comfort food of Japan. Okonomi means “whatever you like,” and Yaki means “cooked.” With this recipe, we are making Kansai (or Osaka) style.

1. Grate 3 tbsp. of Nagaimo (Japanese yam) into a bowl.
2. Dissolve Dashi Powder into 2 tbsp. of hot water, add 3/4 cup of water.
3. Add 1 cup of all-purpose flour, 2 tbsp. of potato starch, 1/3 tsp of baking powder, a pinch of salt and sugar. Gradually mix everything together. This is your Okonomi Batter.
4. Prepare 1/2 cup of chopped scallions and half of a chopped cabbage.
5. Select an ingredient of your choice: Pork belly, oyster, scallop, shrimp, etc.
6. In a new bowl, assemble the Okonomiyaki ingredients: 1.5 cup of chopped cabbage, 1 handful of Tenkasu, 1 handful of dried baby shrimp, 1 tsp of pickled red ginger, 1/2 cup of the Okonomi Batter, 1 egg, (optional) seafood ingredient.
7. Heat pan to 350° for medium, brush oil on pan, then pour mixed batter onto the griddle as an 8-inch wide circle, (optional) add pork belly strips on top of the pancake.
8. Cook 3 min., then flip over. Wait 2-3 minutes, then flip over again.
9. Drizzle with Okonomi sauce, Japanese mayonnaise, aonori, and bonito flakes.
10. Turn down the heat and eat off the pan family style, or remove onto a plate to serve. Hoisin sauce as preferred. Enjoy!

Words of the Week

Tagalog
Pamilya (Family)

Japanese
友達 Tomodachi (Friend)

Did You Know?

Indonesia is the country with the world's largest number of active volcanoes spread across over 17,000 of its islands. It is also the world's largest exporter of coconuts, producing on average over 18 metric million metric tons per year.

Fun Fact

Jason Momoa's family's guardian is the shark. The rows of black triangles on his left arm are meant to resemble shark teeth. It supposedly helps sharks recognize that he's one of their own.



Rear Admiral Eleanor Mariano, MC, USN

Rear Admiral Eleanor Mariano, Marine Corps, United States Navy was born in Pampanaga, Philippines, in 1958. Her father served in the Navy as a steward and eventually retired with the rank of master chief. Mariano joined the Navy in 1977 and received a medical degree from the Uniformed Services University of Medicine in 1981. She became the first military woman to be appointed White House Physician. By 1991, she was a commander and the division head of internal medicine and director of internal medicine clinic at the San Diego naval hospital. In 1994, she was named Director of the White House Medical Unit and served as President William Clinton's personal physician. In 2000, she became the first female Filipino American Navy Admiral. In 2001, Dr. Mariano retired from the Navy and left the White House to join the Mayo Clinic in Scottsdale, Arizona. In 2005, she went on to found the Center for Executive Medicine in Scottsdale.

Mentoring Town Hall Event / May 31, 2022/ 1300

Join ZoomGov Meeting / Meeting ID: 160 838 3213 **/Passcode:** 036732

<https://www.zoomgov.com/j/1608383213?pwd=UXk5WDh5a3A5UGluK0dWR1g2L1Vqdz09>

Check out our third issue on May 20, 2022